

ASFA FITNESS CERTIFICATION

The **American Sports & Fitness Association (ASFA)** offers a range of online fitness certifications designed primarily for fitness professionals who are already active in the industry and seeking to expand their knowledge or specialize further. ASFA's certifications are accessible 24/7, self-paced, and use a "pay only if you pass" model, making them convenient and affordable for continuing education^{[1] [2] [3]}. Their offerings include personal training, group fitness, specialty areas (like yoga or powerlifting), and health and wellness coaching^{[1] [4] [5]}.

Key features of ASFA certifications:

- **Online and self-paced:** Flexible scheduling for busy professionals^{[1] [3]}.
- **Affordable:** Courses start at around \$99, with the standard personal training certification at \$199, and advanced programs up to \$299^[2].
- **Pay only if you pass:** You only pay for the certification if you pass the exam with at least a 70% score^[2].
- **Focus on continuing education:** Targeted at those already working in fitness, not beginners^[2].

Recognition and acceptance:

- **Not NCCA-accredited:** ASFA certifications are not accredited by the National Commission for Certifying Agencies (NCCA) or any other independent, national accrediting body^[6].
- **Limited acceptance by employers:** Many gyms and fitness employers do not recognize ASFA certifications as sufficient for hiring entry-level trainers^{[4] [6]}. Some users report difficulty finding employment at gyms with only an ASFA certificate^{[4] [6]}.
- **Best for continuing education:** ASFA is most beneficial for those seeking additional credentials or specialization rather than as a primary certification for starting a fitness career^[2].

Comparison to other certifications:

Certification Body	NCCA-Accredited	Widely Accepted by Gyms	Typical Cost	Best For
ASFA	No	Limited	\$99-\$299	Continuing education
NASM, ACE, ACSM	Yes	Yes	\$200-\$800	Entry-level & advanced

Summary:

ASFA certifications are a convenient and affordable option for fitness professionals seeking to expand their expertise or gain specialized knowledge. However, they are not widely recognized

by major gyms or fitness employers as a primary qualification for new trainers, due to lack of accreditation by independent national agencies. For those starting a fitness career, an NCCA-accredited certification from organizations like NASM, ACE, or ACSM is generally recommended^{[2] [6]}.

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1. <https://www.fbafitness.com/partner/american-sports-fitness-association-asfa>
2. <https://goteamup.com/resources/fitness-certificates>
3. <https://www.americansportandfitness.com>
4. <https://www.trustpilot.com/review/americansportandfitness.com>
5. <https://www.instagram.com/asfafitness/>
6. <https://bestaccreditedcolleges.org/articles/careers-and-education/what-gyms-accept-asfa-certification.html>